



Friendship Heights



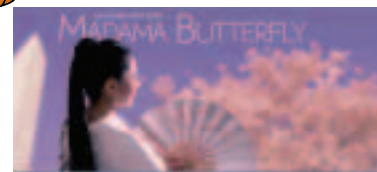
Madama Butterfly
see page 3

VILLAGE NEWS

OCTOBER 2006

301-656-2797

VOLUME 20, NO. 17



A "Spectacular" visit to New York

Join us for a two-day visit to New York City and make your holidays unforgettable. On **Dec. 12 and 13** we will enjoy the incomparable Radio City Christmas Spectacular, Broadway's newest musical, "Mary Poppins," lunch together at two fabulous restaurants, and still have time for holiday shopping and enjoying the tree in Rockefeller Center.

We will leave the Village Center at 7:30 a.m. on Tuesday, Dec. 12 and arrive in New York in time for a 4-course and 4-star lunch at L'Ecole, the restaurant of SoHo's French Culinary Institute. This professional cooking school was established to provide the same rigorous training of fledgling chefs as in France and has joined the ranks of the nation's foremost such programs. Its dean of culinary studies is Alain Sailhac, former chef at Le Cirque.

Following lunch we will head over to Rockefeller Center where you will have time to see the magnificently decorated Christmas tree, watch the ice skaters, or explore St. Patrick's before we meet at Radio City Music Hall for the 5 p.m. performance of the Christmas Spectacular. This magical show is one of America's grandest traditions and will certainly put you in the holiday spirit. It stars the world's most famous

Continued on page 2

A Frightful Fall Festival

Dust off your best costume and join us as we celebrate the spookiest holiday of the year during our annual Fall Festival. Each autumn the Village celebrates with Fall Festival, a night of entertainment and food. This season's Friendship Heights Fall Festival will highlight Halloween. Join us on **Monday, Oct. 23 from 7 to 8:30 p.m.** at the Friendship Heights Haunted House, also known as the Village Center. Mayor Melanie Rose White will give the welcoming remarks. If you dare to join us, you'll be treated to a special spooky show by Turley the Magician. There'll be a few tricks to

tickle your funny bone and sweet dessert treats from Ridgewell's Catering to quiet even the grumpiest ghost.

We invite everyone to come in costume. Residents in the scariest, funniest and most topical costumes will receive awards. We've also got prizes for Prince Charming and the most enchanting princess.

We hope you'll bring family and friends along to join in the evening's celebration - in the spirit of Friendship, why not invite a new resident who might not be acquainted with the strong community ties of Friendship Heights.

Bernadette Peters at Strathmore

Spend an evening at Strathmore Music Center with one of Broadway's brightest stars! Hear Bernadette Peters sing the songs that have won her rave reviews on Broadway and numerous Grammy Awards on **Saturday, Oct. 28**. Ms. Peters, musical director Marvin Laird and a full orchestra will kick off Strathmore's "Great American Song Series."



We will leave the Center at 7:15 p.m. and return home before 11 p.m. Cost is \$85, which includes a seat in the front of the Orchestra tier, transportation, and driver's gratuity. Residents and one guest may sign up immediately; nonresidents may sign up Oct. 6. There are 29 spaces available.

CHILDREN'S PROGRAMS

Spooky fun for little goblins

Dress up in your spookiest costumes for an evening of Halloween fun. The Friendship Heights Village Center will sponsor a Halloween Pizza Party for children, ages one to 10, on **Friday, Oct. 27, from 6 to 7:30 p.m.** There will be Halloween games, refreshments and a few fright-filled activities. Admission is free for everyone in costume; two dollars for those not in the Halloween spirit. Children must be accompanied by a parent or guardian. Registration is required. Sign up at the Village Center. The deadline is Wednesday, Oct. 26. The pizza will be served from 6 to 6:30 p.m. Crafts and games from 6:30 to 7:30 p.m. We cannot guarantee pizza for those arriving after 6:30 p.m. For more information, call the Village Center at 301-656-2797.

A "Spectacular Visit" to New York Continued from page 1

precision dance troupe, the Radio City Rockettes, who dazzle audiences with their eye-high kicks in routines like "White Christmas in New York," "Santa's Workshop", and the show stopping "Parade of the Wooden Soldiers." The majestic Living Nativity, "The Nutcracker Suite" with dancing teddy bears, and Santa's exciting 3-D sleigh ride are just a few more of the thrilling scenes.

Afterwards we will check into our hotel, the Helmsley Middletowne, a block from the U.N., and you will have the evening to enjoy dinner or, perhaps, another show on your own (be sure to ask us for suggestions).

Wednesday we will start the day with a continental breakfast served in a room reserved just for us. Our bus will drop us off mid-morning near all the wonderful Fifth Avenue shops where you will have time to shop and enjoy the decorated windows (a map of all the stores will be provided). Later we will meet at the bus and ride over to the Hilton Times Square where we will enjoy lunch at the sleek and elegant restaurant, Above, perched 25 stories over Manhattan.

Following lunch, we will walk over to the New Amsterdam Theatre for the matinee performance of "Mary Poppins." This new musical was one of London's biggest sensations last season and promises to be a hit on Broadway as well. The show marks the first collaboration

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Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the November issue is October 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Kimball's Kitchen

Christopher Kimball, founder and editor of *Cook's Illustrated* and host of *America's Test Kitchen*, will speak at the Village Center on **Thursday, Oct. 5, at 7 p.m.** Copies of *America's Test Kitchen Family Cookbook*, as well as *The Best of America's Test Kitchens*, will be available for purchase.

Enjoy a shopping day at the Museum Shop Around at Strathmore

Holiday shopping doesn't get much easier than this! The Strathmore "Museum Shop Around" has over 14 museum gift shops under one roof!

Join us on **Thursday, Nov. 9** for a trip by Metro out to the mansion for several hours of shopping for the unique gifts Washington's museum shops offer.

Gift shops that have participated in the past include those from the National Building Museum, the Library of Congress, the National Cathedral, National Museum of Women in the Arts and Hillwood.

We will ride the subway together to Strathmore but don't worry about carrying your purchases home. A car will be available to store packages (each hour on the hour) and they will be driven back to the Center.

We will meet at the Center at 10 a.m. and take the shuttle bus to the Metro (round trip ticket is \$2.70; \$1.80 for seniors). Admission to the Shop Around is \$8. Lunch is available on the second floor of the mansion. We will leave around 2 p.m. but you are free to stay as long as you'd like. Please call 301-656-2797 to let us know you are coming. You don't want to miss this special holiday shopping event!

VILLAGE CLASSIFIEDS

For Sale

Apartment for sale, by owner. 4620 N. Park Ave., 1 BR plus den/study, 1 1/2 BA, spacious LR, closets, indoor parking. Reasonably priced. Call 301-718-9688.

A night at the Washington National Opera

Join us **Monday, Nov. 13**, when we travel to the Kennedy Center to enjoy Giacomo Puccini's ravishing *Madama Butterfly*.



A story of obsession and betrayal, *Butterfly* is one of the world's greatest and most popular operas. Written at the height of his career, Puccini dramatizes the story of a young Japanese geisha who is married to an American naval officer. When he proves faithless, she forsakes her child and her life. Plácido Domingo, General Director of WNO, will conduct.

We will depart the Village Center at 6 p.m. and return before 11 p.m. The cost for the trip, before Oct. 12 is \$99; after that date it is \$115, which includes a discounted ticket in the Orchestra, transportation, and driver gratuity. There is no restroom on the bus or space for a wheelchair.



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Make use of those used eyeglasses

Old eyeglasses and frames taking up space? Why not drop them off at the Village Center?

Each month, the Leisure World Lions Club will pick up used

eyeglasses and frames from the Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly those in developing countries.

Novelist Susan Shreve to speak at Center

Susan Shreve will discuss and read from her newest novel, *A Student of Living Things*, at the Village Center **Thursday, Oct. 26, at 7:30 p.m.**

In her 13th novel, Ms. Shreve examines how personal tragedy, and the fear that follows, affect our lives. After a young man is murdered, his sister searches for his killer as the other family members deal with their grief. The book is plotted like a thriller but contains the lyric power for which the author is known.

Ms. Shreve is a founder of the MFA Creative Writing Program at George Mason University and has taught Creative Writing at Princeton and Columbia Universities, and the Breadloaf and Bennington writers' conferences. An original board member of the PEN/Faulkner Foundation, she served as its president from 1985 to 1990. She is the author of over twenty books for children and has also written and delivered short documentary essays for the Jim Lehrer News Hour. Her book, *Daughters of the New World*, was adapted for an NBC television series under the title *A Will of Their Own*.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase.



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Judith Warner to speak at Center

Judith Warner opened up the Pandora's Box of American motherhood with her book, *Perfect Madness: Motherhood in the Age of Anxiety*, an instant New York Times best-seller when it was published last year. She will talk about the "Mommy Mystique" at the Village Center **Thursday, Nov. 9, at 7:30 p.m.**



Ms. Warner writes the "Domestic Disturbances" column for the New York Times and is the host of "The Judith Warner Show" on xm satellite radio. She is also the author of *You Have the Power: How to Take Back Our Country and Restore Democracy to America* (with Howard Dean) and the best-selling biography *Hillary Clinton: The Inside Story*.

Please sign up in advance by calling the Village Center at 301-656-2797. Paperback copies of *Perfect Madness*, provided by Politics and Prose Bookstore, will be available for purchase.

The story behind the story

Rosa Weinstein, creator and coordinator of the Himmelfarb Mobile University and popular Friendship Heights speaker, will present a fascinating program on **Monday, Oct. 16, at 1 p.m.** on the history of nursery rhymes and fairy tales.

In the 16th and 17th centuries, nursery rhymes were often filled with political and social innuendo. "Sing a Song of Sixpence," for example, possibly referred to Henry VIII and his six wives and had nothing to do with blackbirds and a pie. Rosa will also touch on the early practices of raising children during that era.

In 2002, Rosa was honored as a "Washingtonian of the Year" for her work with Himmelfarb, a program that takes college-level classes ranging from musicology to economics and taught by volunteers to thousands of people in the community.

There is no fee for the lecture, but registration is required. Please call the Center at 301-656-2797.

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Best selling author to speak at the Center

Pulitzer Prize-winning *Washington Post* senior Pentagon correspondent Thomas Ricks will discuss his best-selling book, *Fiasco: The American Military Adventure in Iraq*, at the Village Center **Thursday, Oct. 12, at 7:30 p.m.**

Fiasco has been #1 on every bestseller list since the day it hit the book stores. Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase.

A Holiday Affair

Great gift ideas are right here in Friendship Heights at "A Holiday Affair" at the Village Center on **Saturday, Nov. 4, from 10:30 a.m. to 5 p.m.** This seasonal event will feature the works of local artists and artisans. No ordinary craft show, "A Holiday Affair" will offer something for everyone, for every budget. You'll find jewelry, purses, pottery, textiles, jewelry, paintings, baskets and more. Admission is free. Unique gifts abound, so mark your calendars for a great shopping opportunity.

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PLAYING on the BIG SCREEN

All movies now begin at 7 p.m. In October, we will present a movie on Monday, Oct. 30.
Join us for free popcorn with this video presentation.

Monday, Oct. 30, 7:00 p.m.— Poseidon—Set adrift in the vast waters of the North Atlantic for a luxury New Year's Eve party staged in the ship's magnificent ballroom, the massive ocean-liner Poseidon receives an unexpected jolt when a rogue, 100-foot wave rolls it completely upside down, forcing the surviving passengers to fight their way to safety. Trapped beneath


the waterline and implored by the captain to remain in place until a rescue team arrives, the panicked survivors struggle to keep their cool as the water begins to rush in, infernos blaze all around, and a loss of electricity plunges the doomed vessel into total darkness. Stars Kurt Russell and Richard Dreyfuss. Rated PG-13. Running Time: 98 minutes.



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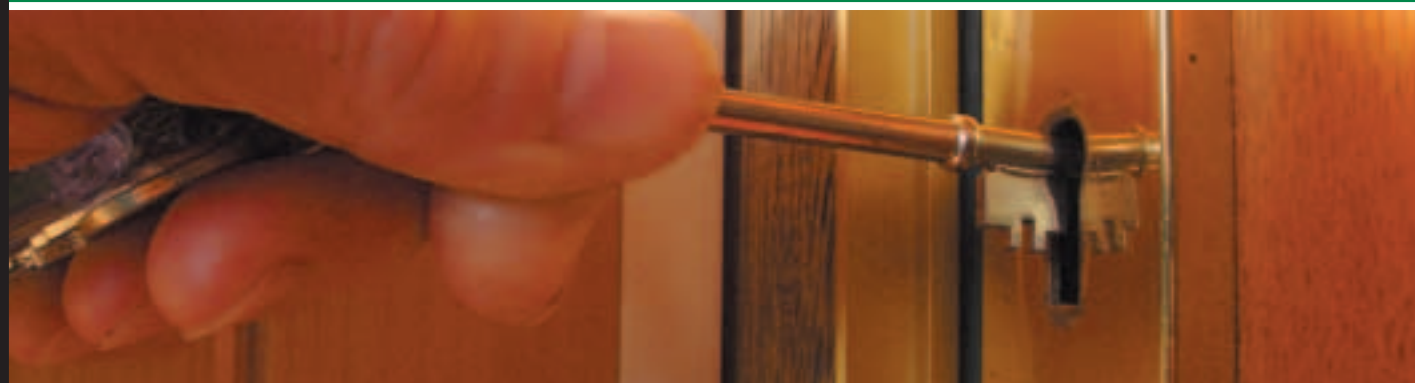
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FRIENDSHIP GALLERY

Paintings by Center instructors and their students on exhibit this month

Friendship Gallery is pleased to present the works of Joan Samworth, Marianne Winter, and Doris Haskel, all art instructors at the Friendship Heights Village Center, and their students during the month of October.

Joan Samworth is a member of the Touchstone Gallery in Washington and exhibits her paintings there and in various parts of the country. She has taught at the Corcoran, Oasis, Strathmore, and in private and public schools. For the past seven years, she has been an art instructor for junior and senior high students in southeast Washington. Her project has developed into the Corcoran Apprenticeship Program, which has produced public art works around the city. She teaches a still life painting class at the Center.

Marianne Winter is an award-winning artist and photographer and teaches a portraiture class at the Center. Her paintings and

photographs have been widely exhibited and one portrait hangs permanently at the University of Delaware. She has also illustrated two books published in Hungary.

Doris Haskel has been teaching drawing and painting for many years for Adult Education of Montgomery County, the graduate school of NIH, as well as Friendship Heights. She has exhibited her paintings in group shows at the Baltimore Museum of Art and the Corcoran Gallery.

The show runs from October 2 to 28. All are invited to meet the artists at a reception on **Sunday, Oct. 15, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk when you arrive.



Left, "Yona" by Doris Haskel, and below, Portrait by Marianne Winter.



Below, "Pumpkin and Two Gourds" by Joan Samworth.



Last call for Village artists!

The Friendship Gallery will exhibit works by residents of the Village during the month of November. If you have not submitted an entry form yet, please pick up one at the Center and return it as soon as possible.

If we already have your name, please let us know the title of your piece(s), the media, and the price. All paintings must be framed and ready to hang with screw eyes and wire. No sawtooth hangers!

A "Spectacular Visit" to New York Continued from page 2

between Disney, producer of "The Lion King" and "Tarzan," and Cameron Mackintosh, legendary producer of "Phantom of the Opera," "Cats," and "Les Mis." The breathtaking choreography includes a chimney sweep tapping up one side of the stage and across the top

— upside down. We guarantee you'll call this enchanting show "super-califragilisticexpialidocious!" We'll depart for home as soon as the show is over, stopping along the way for a fast food dinner (on your own.) We should return to Friendship Heights before 10 p.m.

The cost of the trip is \$499 per

person, double occupancy until Oct. 16. After that date the price is \$524. The single supplement is \$129. The cost includes all transportation, first-class hotel accommodations, Orchestra seats at Radio City Music Hall, Mezzanine seats in the first three rows at "Mary Poppins,"

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Friendship Heights
Village Center



Calendar
of Events 2006

| O C T O B E R | | | | | | |
|---|--|---|--|---|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 1 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 2 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting | 3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates | 4 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Depart for Poste and NPG 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 7:30 p.m.: Concert: IONA | 5 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 12 p.m.: Low Vision Lunch and Learn 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Christopher Kimball | 6 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group | 7 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs |
| 8 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 9 Columbus Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training | 10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING | 11 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 1 p.m.: Suburban Lecture: Feet 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Richard Miller | 12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7:30 p.m.: Tom Ricks | 13 9:30 a.m. – 1:30 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events | 14 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs |
| 15 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception | 16 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Rosa Weinstein Lecture 2:30 p.m.: Drawing and Painting 7 p.m.: Candidates' Forum 7:30 p.m.: Yoga | 17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates | 18 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 1:30 p.m.: Healthy Aging 7:30 p.m.: Concert: Les Amis de Mozart | 19 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11:30 a.m.: Bones for Life 11 a.m. – 4 p.m.: Village Playtime 5:30 p.m.: Bones for Life 6:30 p.m.: Scrabble 7 p.m.: Café Muse | 20 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group | 21 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs |
| 22 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 23 9:15 a.m.: Fit-4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Bridge 2:30 p.m.: Drawing and Painting 7 – 8:30 p.m.: Fall Festival | 24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates | 25 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture Painting 7:30 p.m.: Concert: Storytelling by Ellouise Schoettler | 26 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11:30 a.m.: Bones for Life 11 a.m. – 4 p.m.: Village Playtime 5:30 p.m.: Bones for Life 6:30 p.m.: Scrabble 7:30 p.m.: Susan Shreve | 27 9:30 a.m. – 1:30 p.m.: Flu Shots 10:30 a.m.: Coffee and Current Events 6- 7:30 p.m.: Children's Halloween Party | 28 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 7:15 p.m.: Depart for Strathmore |
| 29 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 30 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Bridge 2:30 p.m.: Drawing and Painting 7 p.m.: Movie: Poseidon 7:30 p.m.: Yoga | 31 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist | <div>MVA Bus</div> <div>The “MVA on Wheels” makes its next visit to Friendship Heights on Monday, Oct. 23 from 10 a.m. to 2 p.m. Among the services offered are driver’s license renewal, photo identification cards, vehicle registration renewal, disability tags, copies of driver’s licenses and registrations.</div> | | | |

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Village Council meetings are held the second Monday of each month (except on holidays) at the Village Center. The next meeting will be **Tuesday, Oct. 10, at 8 p.m.** The agenda for the meeting is sent of the manager of each building in the Village the week before the meeting with the request that it be posted.



CLASSES and CLUBS

**PREREGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.**

Please register for classes at least two days before the first session.
Classes without the minimum number of students required will be canceled.

NEW CLASSES

BONES FOR LIFE (DAYTIME)

Coaching to meet your individual needs for better posture, balance, movement, and stability. Weight-bearing exercise and everyday activities will be easier and less stressful. The 5-week series meets Thursdays from 11:30 a.m. to 1 p.m. Cost is \$40. Begins Oct. 19. Instructor Hedy Ohringer is a Guild Certified Feldenkrais Practitioner and a Certified Bones for Life Teacher. She utilizes both methods to coach individuals and small groups.

BONES FOR LIFE (EVENING)

See description above. For help in relaxing or exercising without risk of injury - this class may be your answer. The 5-week series meets Thursdays from 5:30 to 7 p.m. Cost is \$40. Begins Oct. 19.

BRIDGE

Bridge for people who know the basics and have experience playing. Class will be tailored to the level of the students. Time will be spent on refining the bidding, basic conventions, and the play of a hand. Taught by Martha Lisser, retired teacher and principal and experienced bridge teacher. Each student must bring a deck of cards. 5-week course starts Oct. 23. Meets Mondays from 1 to 4 p.m. Cost is \$115 for residents; \$120 for nonresidents. Session ends Nov. 20.

CONTINUING SPANISH 1

This 8-week course begins Nov. 8. For students who took Spanish 1 in the spring or anyone who would like a review of Spanish 1. Instruc-

tor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. The class meets Wednesdays, from 6:30 to 8:30 p.m. The cost is \$180 for residents, \$200 for nonresidents and \$150 for anyone 65 or older. Session ends Jan. 10 (no class Nov. 22 or Dec. 27).

CONTINUING SPANISH 2

This 8-week course begins Nov. 14. For students who took Spanish 2 in the spring or anyone who would like a review of Spanish 2. The class meets Tuesdays, from 9:30 to 11:30 a.m. The cost is \$180 for residents, \$200 for nonresidents and \$150 for anyone 65 or older. Session ends Jan. 9 (no class Dec. 26).

MAT PILATES

A 6-week session begins November 14. Meets Tuesdays from 7 to 8 p.m. The cost is \$70 for residents and \$80 for nonresidents. This particular class is not recommended for pregnant women or those with serious spinal conditions without a physician's approval. Instructor Ginger Russell has been certified by the *PhysicalMind Institute*. Please bring a Pilates/Yoga mat and bath towel. Session ends December 19. Maximum number of students is 15.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins October 18. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos

or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$65. (Maximum number of students is 8). Session ends November 29 (no class on Nov. 22).

TAI CHI (TUESDAY)

This 6-week session begins Oct. 3. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Nov. 14. Feel free to email instructor Thomas Johnson at Taijitaj@comcast if you have any questions about this class. (no class on Nov. 7)

TAI CHI (THURSDAY)

This 6-week session begins Oct. 26. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Dec. 7. Feel free to email instructor Thomas Johnson at Taijitaj@comcast if you have any questions about this class.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

BRIDGE GROUP

An informal drop-in bridge group meets each Friday from 1 to 4 p.m. Most players are intermediate or advanced.



COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group is currently organizing events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net. This group is not affiliated with the Friendship Heights Village Council.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among

group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

MOVIES

All are invited to enjoy a movie and popcorn most Thursdays at 7:15 p.m. at the Village Center. There is no cost. Movie titles listed on the "Big Screen" page.

SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

TEA TIME

Village residents and their guests

are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

A "Spectacular Visit" to New York, continued from page 7

Tuesday's lunch at the French Culinary Institute, Wednesday's lunch at Above, and all taxes and gratuities.

A deposit of \$200 is due at sign-up; the balance is due Nov. 1. Residents and one guest may sign up immediately; nonresidents may sign up Oct. 10. Children five and older are welcome if accompanied by an adult. Information about trip insurance is available at the Center. There are 24 spaces available.

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CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m. in Huntley Hall. *Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, wait for a break in the performance before entering. Please do not bring reading materials into the auditorium.*

Wednesday, Oct. 4 — IONA. Led by Barbara Ryan, IONA's program features both traditional Irish and Celtic music. IONA's sound is a unique blend of the traditional music of Scotland, Wales, Cornwall, Britany, and the Isle of Man.

Wednesday, Oct. 11 — Richard Miller. Celebrate Spanish Heritage Month with one of the area's finest musicians. Classical guitarist Richard Miller has appeared at Brazilian-American festivals and regularly performs on tours in Central and South America.

Wednesday, Oct. 18 — Les Amis de Mozart. Led by Sheila Grimes, this violin-piano duo will present an all-Beethoven program when Les Amis de Mozart returns to the Village Center. Mrs. Grimes studied at the Paris Conservatory of Music and the Academy of Music of Scotland. She completed her chamber music training at

the Royal Conservatory of Music in Brussels.

Wednesday, Oct. 25 — Ghost Stories by Ellouise Schoettler. Storyteller Ellouise Schoettler brings eerie Southern tales of the supernatural and just plain scary folktales and traditional stories to the Village Center. It's an entertaining way to celebrate the approach of All Hallow's Eve.

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TO YOUR HEALTH

Low vision lunch and learn

If you have difficulty recognizing faces or have trouble doing your usual tasks, you may have low vision. Learn how to improve the quality of your life at the first of a 3-part series of programs at the Village Center on **Thursday, Oct. 5, at 12 p.m.**

Bring a bag lunch and join Lind Stevens, OTR/L, low vision occupational therapist at the Vision Rehabilitation Service at the National Retina Institute. Dessert and beverage will be provided. On **Thursday, Nov. 2**, the series continues with "Getting Up and Moving On." This program is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.



Fight the flu!

Friendship Heights has scheduled three flu shot clinics this fall. The MedStar Health Visiting Nurses Association will administer the vaccine at the Village Center on **Friday, Oct. 13** to Village residents in high risk groups (defined below) only, from **9:30 a.m. to 1:30 p.m.** On **Friday, Oct. 27 from 9:30 a.m. to 1:30 p.m.** and on **Friday, Nov. 3, from 10 a.m. to 2 p.m.** shots will be offered to everyone. 200 shots will be given on each day. Registration is a must.

*A high risk group includes anyone 65 and older (bring a photo i.d.); anyone 9 to 64 with chronic medical conditions (bring a note from your doctor); health care workers involved in direct patient care; out-of-home caregivers of children over 6 months; pregnant women past their third month of pregnancy (must have note from primary physician).

Cost is \$35 (cash or check payable to Visiting Nurses Assoc. only). Individuals with Medicare Part B or Medicaid will not be charged (you must bring your card).

You must have an appointment to receive a shot. Call 301-656-2797 to register.

Better health, less stress

Dr. Kevin Rindal of Friendship Heights Chiropractic will lead a series of lectures entitled "Healthy Aging" beginning **Oct. 18** with "Understanding Osteoporosis." The one-hour lecture begins at 1:30 p.m. Future lectures are "Promoting Wellness through Exercise and Nutrition" (Nov. 1) and "Protecting Your Back: A Discussion of Proper Posture During Daily Activities" (Nov. 15).

There is no cost, but registration is required. Sign up by calling 301-656-2797.

Everything you always wanted to know about feet, but were afraid to ask

Foot health is the topic at this month's Suburban Health Talk on **Wednesday, Oct. 11, at 1 p.m.** Dr. Michael Liebow will discuss causes, symptoms and treatments for fungal toenails, bunions, hammertoes, warts and other foot maladies. Additionally he will provide advice on foot hygiene and proper footwear. Bring your questions and don't be afraid to ask!

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

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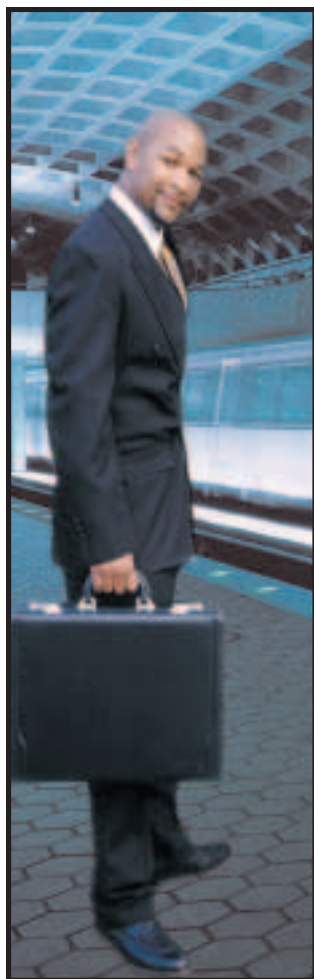
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Cafe Muse presents...


This month's Café Muse, on **Thursday, Oct. 19, at 7 p.m.**, presents poets Jennifer Gresham and Richard Lyons.

Jennifer Gresham is the author of two collections of poetry: *Explaining Relativity to the Cat* and *Diary of a Cell*, winner of the 2004 Steel Toe Books Poetry Prize. Her poems have appeared in numerous journals and have been featured on Garrison Keillor's NPR show, "The Writer's Almanac."

Richard Lyons is the author of *These Modern Nights*, *Hours of the Cardinal*, and *Fleur Carnivore*, winner of the 2005 Washington Prize from The Word Works. His poems have appeared in such journals as *The Paris Review*, *The Nation*, and *The Gettysburg Review*.

Classical guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.



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Village Council Corner

Shuttle Bus Service to new Giant at Chevy Chase Center

On Friday, Sept. 8, the day the new Giant opened at Chevy Chase Center, our shuttle bus schedule was revised to stop at the store. The route reverted to the same one we had with the old Giant before the redevelopment of the shopping center (every 20 minutes during morning and evening rush hours, every 30 minutes the rest of the day).

Until the Metro depot reopens (in October), the bus will stop on Western Avenue for Metro passengers. The schedule will stay the same when the depot opens. Copies of the schedule are available on our website, www.friendshipheightsmd.gov, on the bus and at our Village Center.



County Council Dist. 1 Candidates Forum



Howard Denis



Roger Berliner

County Council member Howard Denis and challenger Roger Berliner will be at the Center for a Candidates' Forum on **Monday, October 16, at 7 p.m.** Residents are encouraged to attend.

Council actions at the September 18 public session:

- Appointed Council member Leonard Grant to serve as Council Historian;
- Approved increase in maintenance contract to provide raise for evening maintenance worker.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

October 2006 events calendar